

Peter Kirk Pool 2016

340 Kirkland Ave

Open June 6–Sept 5, 2016

Swim Lessons 425.587.3336

Pool Hotline 425.587.3335

www.kirklandwa.gov/aquatics



POOL FEES

Facility Admission

CASH, CHECK, or CREDIT CARD

Single Facility Admission

(all ages, swimming or non-swimming)\$4

Save Money While You Swim!

***10-Visit Pass.....\$35**

***Individual Season Pass.....\$90**

Unlimited pool admission for one person.

***Household Season Pass\$260**

Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

Dates that will affect regular pool schedule

SEPTEMBER 5, MONDAY:

Will follow Saturday pool schedule.

JULY 8, FRIDAY: 3:50–5:20pm and 5:30–8:30pm Public Swim canceled

JULY 15, FRIDAY: 3:50–5:20pm and 5:30–8:30pm Public Swim canceled

Unscheduled facility closures can occur with limited notice. Call 425.587.3335 for pool info.

Swim Lessons, see pages 45-48

Swim Team schedule & info, see page 41

Sat & Sun Private Pool Rentals, see page 40

2016 Public Swim Schedule

June 6 – June 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	
Public Swim & 1-Lane Lap Swim		7:30pm–8:30pm		7:30pm–8:30pm	5:30pm–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:30–8:30pm		7:30–8:30pm			

June 20 – August 14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–9:00am	
2-Lane Lap Swim & Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–8:30pm*	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:30–8:30pm		7:30–8:30pm			

*See special events calendar on page 40 for special themed open swim dates

August 15 – August 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–8:00am	6:00–8:00am	6:00–8:00am	6:00–8:00am	6:00–9:00am	
2-Lane Lap Swim & Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:00–8:00pm		7:00–8:00pm			

August 29 – September 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	
Public Swim & 1-Lane Lap Swim	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm

Unscheduled facility closures can occur with limited notice. Please call 425.587.3335 for pool information

Pool Rule Highlights

Be safe and make your visit enjoyable!

- Those who are not potty trained must wear swim diapers.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items. ***No water wings permitted***
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening or other inclement weather conditions. Please call the pool hotline for updated pool information 425-587-3335.
- A ratio of 3 children, under the age of 7 per one adult is in effect for all swims. Children under 7 years who cannot pass the swim test must be accompanied by an adult into the water at all times.
- All swimmers must be able to pass the swim test, 25 yards of crawl stroke, face in the water, with side breathing, to enter water deeper than his or her chest depth.
- A shower is required prior to entering either the main or wading pool.
- Children 10 years & under require adult supervision and may not be left unattended in the facility.

Swim Lessons – pages 45-48

Swim Team – page 41

Private Pool Rentals – page 40

6-Lane AM Lap Swim

6 lanes available for lap swim. Lap Lanes are marked: Fast, Medium and Slow. Swimmers must swim laps and follow swim etiquette rules as posted.

Wading Pool Only Public Swim

Wading Pool Public Swim is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people.

Public Swim and 1-Lane Lap Swim

Children under 7 years must be accompanied in the water by an adult (18 and over) at all times. 1 lane lap swim is available for swimmers to swim laps. Lap swimmers must follow lap swim etiquette. Wading Pool is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people.

** Depending on programming, pool configurations may change and diving board may not be available for use.*

2-Lane Lap Swim

Lap swim is available in 2 lanes of the main pool. Lap swimmers must follow lap swim etiquette.

Family Fun Night Public Swim

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun Night offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people. Please check the schedule for event times and themes.

Private Pool Rentals

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. ***Outside food and drink welcome ex. Cake, pizza, etc.*** See ad on page 40 for more information. Private rentals are available Saturday and Sunday.

To rent the pool call 425.587.3360

★ SWIM TEST ★

Kirkland Lifeguards ask swimmers under 13 to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines the child's swimming ability and endurance level. A child who tires easily may become panicky, even though he/she may have some basic swimming skills. Often times, a child who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside. In these situations, the lifeguards will ask the child to return to the shallow end. It is common for children to over-estimate their own abilities. Over 1,500 children and teens die every year across the United States due to accidental drowning. For this reason, we have established a requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program.



Friday Night Family Fun Nights

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave.

Space is limited to the first 270 people!

July 1 5:30–8:30pm	4th of July Carnival Enjoy music, games, and fun!
July 22 5:30–8:30pm	Relays and Pool Games
August 12 5:30–8:30pm	Pirate Pool Party

RENT THE POOL!

CALL 425.587.3360 or 425.587.3330

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. Rentals must be reserved at least 72 hours in advance, based on availability. All pool rules are in effect.

Outside food and drink welcome ex. cake, pizza, etc

RENTAL FEES	1 hour	2 hours	3 hours
Both Pools	\$210	\$340	\$450
Main Pool Only	\$180	\$290	\$375
Wading Pool Only	\$95	\$130	\$170

Lifeguarded Swimming Beaches

Lifeguards will be on duty at Houghton, Waverly, & Juanita Beach:

July 1–September 5 • Monday–Sunday, 12–6pm

Open Water Beach Rules

1. All children 6 and under must be within arm's reach of an adult at all times in the water.
2. Non-swimmers, swimmers unable to pass a swim test, must remain in water no more than chest depth and/or may not cross the buoy line.
3. All children under the age of 13 years must pass an open water swim test before they proceed into water deeper than chest depth or cross the buoy line.
4. A swim test consisting of: Houghton and Juanita 50 yards and at Waverly 25 yards of crawl stroke with side breathing, without stopping, without the use of goggles.
5. Free Lifejacket Loaners available at all beaches, please see lifeguards.



Houghton Beach Swimming Area

5811 Lake Washington Boulevard,
Kirkland

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children.

Waverly Beach Swimming Area

633 Waverly Way, Kirkland

Waverly Beach Swimming Area provides an area completely enclosed by a "U" shaped pier.

Juanita Beach Swimming Area

9703 NE Juanita Drive, Kirkland

Juanita Beach Swimming Area provides an area completely enclosed by a "U" shaped pier with a sandy beach and shallow area.

Groups larger than 15 people

Day Camps and/or groups larger than 15 people are encouraged to give 48 hours advance notice.
Call 425.587.3334.

Check the guard on and off duty signs during inclement weather and on days when air temperature is below 65 degrees.



KIRKLAND ORCA SWIM TEAM

Swim Team League Website: www.kirklandwa.gov/kirklandorcass

Registration for Returning Swimmers begins March 15th
Enrollment ends for returning ORCAS Thurs., May 26 @ 4pm.

Tryouts for new participants, regardless of age, is June 11.

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers ages 6–18 (age as of July 1, 2016.) Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett/Snohomish, and South Snohomish County Dolphins.

Informational Meeting

6:00–7:00pm, Wednesday, June 15, Peter Kirk Community Center. In addition, new participants will meet the coaches and be given information about the season.

How to Register

New Participant Registration

New Participants, regardless of age, will need to attend the team tryouts on June 11 at the Peter Kirk Pool at 10am

In order to assess minimum skills required. Children ages 6–8 (age as of July 1, 2016) must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke and those 9 and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team.

Once passing minimum skill requirements, names will be placed into a lottery, divided up by age group and gender. Names will be drawn, starting with the youngest age group, filling the available spaces on the team.

Registration for new participants will take place June 11 at Peter Kirk Pool after tryouts. Res \$210 / Non-Res \$252

Participants will be asked to register into specific practice time slots for the 2016 season.

Returning Participants

Returning Participants (any person who has previously participated on the swim team), can register on-line at www.kirklandparks.net, in person, or over the phone beginning March 15th, online registration available at 12:01am. Verification of previous participation will be enforced.

Additional Information

- Practices occur four days per week (Monday-Thursday) with meets occurring on Fridays or Saturdays
- Participants will be asked to register for either morning or evening practices
- Note: Morning and evening practice times have limited space
- Practice officially begins Monday, June 27 and is scheduled to end Aug 14

Enroll by age group and gender into one time slot

Age as of July 1, 2016

Resident \$210 / Non-Res \$252

AGES			
15–18	BOYS	7am–7:50am	47843
	GIRLS	7am–7:50am	47848
13–14	BOYS	7am–7:50am	47844
	GIRLS	7am–7:50am	47853
11–12	BOYS	7:50am–8:35am	47845
	BOYS	4pm–4:45pm	47849
	GIRLS	7:50am–8:35am	47854
	GIRLS	4pm–4:45pm	47857
9–10	BOYS	7:50am–8:35am	47846
	BOYS	4pm–4:45pm	47850
	GIRLS	7:50am–8:35am	47855
	GIRLS	4pm–4:45pm	47858
7–8	BOYS	8:35am–9:15am	47847
	BOYS	4pm–4:45pm	47851
	GIRLS	8:35am–9:15am	47856
	GIRLS	4pm–4:45pm	47859
AGE 6	BOYS	8:35am–9:15am	47852
	BOYS	4pm–4:45pm	47860
	GIRLS	8:35am–9:15am	47861
	GIRLS	4pm–4:45pm	47862

Parental/Guardian Support

Parents will be asked to Sign-Up for volunteer duties that will occur during the entire season. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Communications, End of Season Pot-Luck, Meet Set-up and Clean-up, etc. approx. 6 hours, of volunteer commitment. **This will be done on a website called: signupgenius.com and the links will be emailed to you.**

Swim Team Prep Course

Designed for children interested in joining any competitive swim team and are either unsure of their proficiency or may need some refreshing. Introduction to the four competitive strokes through stroke technique introduction and practice drills. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment.

Participation does not guarantee a spot on the team.

Eight 30-minute Lessons • Resident \$80 / Non-Res \$96

Ages 6–7* Mon–Th 3:50–4:20pm June 6–16 47863

Ages 6–7* Mon–Th 4:25–4:55pm June 6–16 47864

Ages 8–9* Mon–Th 5–5:30pm June 6–16 47865

Ages 8–9* Mon–Th 5:35–6:05pm June 6–16 47866

Ages 10–13* Mon–Th 6:10–6:40pm June 6–16 47867

**Participating age as of July 1, 2016*

Stroke Lessons

Become a faster more efficient swimmer! Instructors will work to assist swimmers with details and mechanics of their strokes. This course is a great opportunity for swimmers to get individual stroke and technique attention, in a small group setting. Participants should be able to comfortably swim 50 yards of freestyle and backstroke without assistance.

Eight 30-minute Lessons • Resident \$100 / Non-Res \$120

Ages 6–10 M–Th 10–10:30am June 20–30 47871

Ages 11–18 M–Th 10:35–11:05am June 20–30 47872

One 45-minute Lesson • Residents \$20/ Non-Resident \$24

Ages 6–10 Fri 10:45–11:30am July 8 47873

Ages 6–10 Fri 10:45–11:30am July 15 47875

Ages 6–10 Fri 10:45–11:30am July 22 47877

Ages 11–18 Fri 11:30–12:15pm July 8 47874

Ages 11–18 Fri 11:30–12:15pm July 15 47876

Ages 11–18 Fri 11:30–12:15pm July 22 47878

Junior Masters Swim Workouts

Age 18 to 24 years

Have you been out of the water for longer than you care to remember? Or are you looking to swim during the summer to stay or get into shape? Or just looking for a total body workout? Tired of swimming laps on your own and looking to swim with “team-mates”? If so, this is the perfect group for you! **Swim up to 4 times per week. Available Monday–Thursday, 7am–7:50am.**

Resident \$50 / Non-Resident \$60

Mon–Thur 7:00am–7:50am June 20–Aug 11 47884

Infant/Toddler, Child,
Youth and Adult

Swim Lessons Session Dates

Monday–Thursday

for 2 Weeks: 8 Lessons (Child and
Youth Lessons)

Session 1: June 6-16

Resident \$70 / Non-Resident \$84

Session 2: June 20-30

Resident \$70 / Non-Resident \$84

Session 3: July 5–14

Resident \$61.25/ Non-Resident \$73.50

*7 lessons due to July 4th Holiday

Session 4: July 18-28

Resident \$70 / Non-Resident \$84

Session 5: Aug 1-11

Resident \$70 / Non-Resident \$84

Session 6: Aug 15-25

Resident \$70 / Non-Resident \$84

Monday & Wednesday

for 2 weeks: 4 Lessons (Infant/
Toddler Lessons and Adult)

Session 7: June 20, 22, 27, 29

Resident \$42 / Non-Resident \$51 (Infant/Toddler Only)

Session 9: July 6, 11, 13

Resident \$31.50/ Non-Resident \$38.25

Session 11 July 18, 20, 25, 27

Resident \$42 / Non-Resident \$51

Session 13: August 1, 3, 8, 10

Resident \$42 / Non-Resident \$51 (Adult Lessons Only)

Tuesday & Thursday

for 2 weeks: 4 Lessons (Infant/
Toddler Only)

Session 8: June 21, 23, 28, 30

Resident \$42 / Non-Resident \$51

Session 10: July 5, 7, 12, 14

Resident \$42 / Non-Resident \$51

Session 12: July 19, 21, 26, 28

Resident \$42 / Non-Resident \$51

Unscheduled facility closures can occur with limited notice. We will have lessons rain or shine but during inclement weather days if you are concerned about facility closures, please contact the pool hotline at 425.587.3335.

To Choose the Correct Class:

- #1 Review the skills and minimum age requirements for each level.
- #2 The skills listed are the skills each class will work on.
- #3 Choose the session, dates and time for the appropriate skill level.
- #4 Use the five digit course number listed to register for your class. To register visit www.kirklandparks.net or call 425-587-3336

Note: Students will progress through levels at different speeds depending on several factors such as their age, physical coordination and the number of lessons in each session. **If you are signing your child up for multiple sessions of swim lessons, please be advised that it may take your child more than 1 session to move to the next level. It is highly suggested to register your child for the same level more than 1 session before registering them for the following level.**

- **MAKE-UP LESSONS:** Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If your child is sick the first few days of a class, they are encouraged to take the remaining days.
- **REGISTRATION DEADLINE:** Thursday at 4pm prior to the next session of swim. No registrations are taken at the Pool. Staff does not have access to registration system at the Pool.
- **REGISTRATION TIPS:** Careful review of the primary objectives is very important prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.
- **REGISTERED IN WRONG LEVEL:** Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure your child is enrolled in the correct class. If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary. Report cards will be given on Tuesday of the second week of lessons. **Transfer deadline is Thursday by 4pm that same week** for all future swim session enrollments that require a new level of swim.

Aqua Tot Swim Lessons

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times.

Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three years of age.

Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

- It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response.
- Stay safe during activity in or near the water, by properly supporting and supervising your child.
- Survive if something goes wrong, by knowing how to perform a rescue and get help.

Aqua Tots I

Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

Aqua Tots II

Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary Objectives Include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

Preschool Swim Lessons

Ages 3 to 5 years See pages 45–48 for lesson schedules

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parents.

Preschool Levels One and Two are primarily taught in our instructional pool which ranges from 6 inches to 2.5 foot. The shallow water provides a comfortable and friendly learning environment in which young

children can move around independently. **In Preschool Level Three** students are gradually introduced to more complex skills and deeper water, progressing to lessons in the shallow end of the main pool. **Preschool Level Four** continues to develop swimming and safety skills.

After completing **Preschool Level Five**, students have learned some basic deep water

skills and **may** have acquired the ability to pass our swim test, a requirement for swimmers to enter water deeper than chest depth (including use of the diving board.)

If your child is under the age of 4 and you feel they may still benefit from parent/caregiver assistance, we recommend Aqua Tots II prior to entering the Preschool Program.

Preschool Levels	Student Learning Objectives	
Pre-Water Introduction Preschool Level 1	Skills taught in Preschool Level 1 (Instructional Pool Only)	
	<ul style="list-style-type: none"> • Water adjustment • Blow bubbles • 3 Bobs • Front float with support • Back float with support 	<ul style="list-style-type: none"> • Kick on front with support • Kick on back with support • Alternating arms on front with support • Safety skills
Water Introduction Preschool Level 2	Skills taught in Preschool Level 2 (Instructional Pool Primarily)	
	<ul style="list-style-type: none"> • 5 Bobs • Retrieve object from bottom with eyes open • Front float 3 seconds unassisted • Back float 3 seconds unassisted 	<ul style="list-style-type: none"> • Front glide & kick with float 3 yards (performed in lap pool) • Back glide & kick with float 3 yards (performed in lap pool) • Front crawl with support • Safety skills
Fundamental Aquatic Skills Part 1 Preschool Level 3	Skills taught in Preschool Level 3	
	<ul style="list-style-type: none"> • 8 Bobs • Front float 6 seconds unassisted • Back float 6 seconds unassisted • Basic front crawl 3 yards • Rhythmic breathing with support • Basic elementary backstroke 3 yards 	<ul style="list-style-type: none"> • Front glide with kick 5 yards • Back kick and fin 5 yards • Alternating arms on back w/support 3 yards • Bob to safety • Safety skills
Fundamental Aquatic Skills Part 2 Preschool Level 4	Skills taught in Preschool Level 4	
	<ul style="list-style-type: none"> • 12 bobs • Basic rhythmic breathing with kicking • Basic back crawl 5 yards • Basic elementary backstroke 5 yards 	<ul style="list-style-type: none"> • Basic crawl stroke 5 yards • Jump into water and recover to wall • Safety skills
Stroke Development Preschool Level 5	Skills taught in Preschool Level 5	
	<ul style="list-style-type: none"> • 15 bobs • Back crawl 13 yards • Front crawl 13 yards • Elementary backstroke 6 yards • Breaststroke kick 13 yards • Dolphin kick with support 13 yards • Swim underwater 6 feet 	Must be able to swim 13 yards front crawl before attempting the following skills: <ul style="list-style-type: none"> • Kneeling dive • Compact dive • Tread water 20 seconds • Safety skills

Youth Swim Lessons

Ages 6 to 14 years See pages 45–48 for lesson schedules

The City of Kirkland is proud to offer Peter Kirk Pool Learn to Swim Lesson Program. Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills meeting the required bench-

marks for technique, skill and distance, they can progress to the next level.

A word of caution: Many parents and caretakers make the common mistake, thinking that once their child has gained the ability to swim a width of the pool that the child

is indeed a competent swimmer. **THIS IS NOT THE CASE!** We encourage everyone to work through Level 6. Developing strong swimming skills and learning how to stay safe occur in the higher Youth Levels.

Youth Levels	Student Learning Objectives	
Introduction to Water Skills Youth Level 1	Skills taught in Youth Level 1	
	<ul style="list-style-type: none"> Enter and exit independently from chest deep water using ladder, steps or poolside Use arm and leg motions to float for 5 seconds on front and back with support Move around, change position, and direction in chest deep water 	<ul style="list-style-type: none"> Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water Demonstrate basic water safety rules, use of life jacket, and summoning help
Fundamental Aquatic Skills Youth Level 2	Skills taught in Youth Level 2	
	<ul style="list-style-type: none"> Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times Float and glide on front and back unsupported for 5 seconds and change position 	<ul style="list-style-type: none"> Explore alternating and simultaneous leg kicking and arm pulling motions Perform rudimentary front and back strokes – 5 yards Explore basic reaching rescues and water safety skills
Stroke Development Youth Level 3	Skills taught in Youth Level 3	
	<ul style="list-style-type: none"> Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules Explore rudimentary beginner, elementary backstroke, front crawl and back stroke—10 yards 	<ul style="list-style-type: none"> Explore rudimentary breaststroke Demonstrate feet first and rudimentary diving entries into deep water Explore treading water 15 sec and reverse direction of travel
Stroke Improvement Youth Level 4	Skills taught in Youth Level 4	
	<ul style="list-style-type: none"> Identify safe diving rules Perform rescue breathing and obstructed airway procedures Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke – 25 yards 	<ul style="list-style-type: none"> Perform rudimentary sidestroke and butterfly—10 yards Perform survival float and tread water in deep water—2 min
Stroke Refinement Youth Level 5	Skills taught in Youth Level 5	
	<ul style="list-style-type: none"> Describe diving board safety rules Identify symptoms of Spinal Injury and show inline stabilization techniques Refine efficient and effective front crawl, back crawl, elementary backstroke, breaststroke—50 yards 	<ul style="list-style-type: none"> Refine efficient and effective sidestroke and butterfly—25 yards Refine survival swimming 2 min, treading water 3 min, and underwater swimming—5 to 10 yards
Swimming and Skill Proficiency Youth Level 6	Skills taught in Youth Level 6	
	<ul style="list-style-type: none"> Demonstrate proficiency in front crawl and back crawl—100 yards with turns Demonstrate proficiency in breaststroke, sidestroke and butterfly—50 yards 	<ul style="list-style-type: none"> Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke—25 yards Describe diving board safety rules

Adult Swim Lessons

Ages 13 and up **Taught Twice a week M/W for 2 weeks. See grid on page 48 for dates.**

Fundamental Aquatic Skills Adult Level 1	Skills taught in Adult Level 1	
	<ul style="list-style-type: none"> • Float and glide on front and back unsupported for 5 seconds and change position • Explore alternating and simultaneous leg kicking and arm pulling motions 	<ul style="list-style-type: none"> • Perform rudimentary front and back strokes • Explore treading water • Explore basic water safety skills
Stroke Improvement and Refinement Adult Level 2	Skills taught in Adult Level 2	
	<ul style="list-style-type: none"> • Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke • Refine efficient and effective strokes 	<ul style="list-style-type: none"> • Increase swimming speed and distance ability • Develop fitness, swimming and other aquatic goals with the instructor's assistance

Schedules and Course Codes start here ►

June 6–16 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • June 6–16

RESIDENT \$70 / NON-RESIDENT \$84

	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1				47287		
AQUA TOTS 2		47288				
PRESCHOOL 1	47289	47290	47291	47292	47293	47294
PRESCHOOL 2	47295	47296		47297	47298	47299
PRESCHOOL 3	47300	47301	47302	47303		
PRESCHOOL 4			47304			
PRESCHOOL 5						47305
YOUTH 1			47306		47307	47308
YOUTH 2	47309	47310	47311		47312	
YOUTH 3	47313		47314		47315	47316
YOUTH 4	47317	47318		47319		47320
YOUTH 5					47321	47322
YOUTH 6				47323		



Peter Kirk Pool

June 20–30 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • June 20–30 RESIDENT \$70 / NON-RESIDENT \$84												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1					47324							
AQUA TOTS 2						47325					47326	
PRESCHOOL 1	47327	47328	47329	47330	47331	47332	47333	47334	47335	47336	47337	47338
PRESCHOOL 2	47339	47340	47341	47342	47343	47344	47345	47346	47347	47348	47349	47350
PRESCHOOL 3		47351	47352	47353	47354	47355			47356	47357	47358	47359
PRESCHOOL 4					47362	47363			47364	47365	47366	
PRESCHOOL 5				47367					47368			47369
YOUTH 1	47370	47371	47372	47373	47374				47375	47376	47377	47378
YOUTH 2	47379	47380	47381	47382	47383	47384			47385	47386	47387	47388
YOUTH 3		47392	47393	47394	47395	47396			47397	47398	47399	47400
YOUTH 4		47401		47403		47404				47405	47406	47407
YOUTH 5			47408		47409				47410	47411		47412
YOUTH 6			47413			47414					47415	47416

July 5–14 Swim Lessons: Two-Week Sessions

Seven, 30-minute lessons • Monday–Thursday • July 5–14 No class July 4 RESIDENT \$61.25 / NON-RESIDENT \$73.50												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						47417						
AQUA TOTS 2											47418	
PRESCHOOL 1	47419	47420	47421	47422	47423	47424	47425	47426	47427	47428	47429	47430
PRESCHOOL 2	47431	47432	47433	47434	47435	47436	47437	47438	47439	47440	47441	47442
PRESCHOOL 3	47443	47444	47445	47446	47447	47448			47449	47450	47451	47452
PRESCHOOL 4		47453	47454	47455	47456	47457			47458	47459	47460	47461
PRESCHOOL 5			47462						47463			
YOUTH 1	47466	47467	47468	47469	47470	47471			47472	47473	47474	47475
YOUTH 2	47476	47477	47478	47479	47480	47481			47482	47483	47484	47485
YOUTH 3		47486	47487	47488	47489	47490			47491	47492	47493	47494
YOUTH 4		47495	47496	47497	47498	47499			47500	47501	47502	47503
YOUTH 5			47504	47505	47506				47507	47508	47509	47510
YOUTH 6				47511	47512	47513				47514		47515

July 18–28 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • July 18–28 RESIDENT \$70 / NON-RESIDENT \$84												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						47516						
AQUA TOTS 2											47517	
PRESCHOOL 1	47518	47519	47520	47521	47522	47523	47524	47525	47526	47527	47528	47529
PRESCHOOL 2	47530	47531	47532	47533	47534	47535	47536	47537	47538	47539	47540	47541
PRESCHOOL 3	47542	47543	47544	47545	47546	47547			47548	47549	47550	47551
PRESCHOOL 4		47552	47553	47554	47555	47556			47557	47558	47559	47560
PRESCHOOL 5			47586		47587				47588		47589	
YOUTH 1	47590	47591	47592	47593	47594	47595			47596	47597	47598	47599
YOUTH 2	47600	47601	47602	47603	47604	47605			47606	47607	47608	47609
YOUTH 3		47610	47611	47612	47613	47614			47615	47616	47617	47618
YOUTH 4		47619	47620	47621	47622	47623			47624	47625	47626	47627
YOUTH 5			47628	47629	47630				47631		47632	47633
YOUTH 6					47634	47635				47636		47637

August 1–11 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • August 1–11 RESIDENT \$70 / NON-RESIDENT \$84												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						47639				47640		
AQUA TOTS 2				47641					47642		47643	
PRESCHOOL 1	47654	47655	47656	47657	47658	47659	47660	47661	47662	47663	47664	47665
PRESCHOOL 2	47667	47668	47669	47670	47671	47672	47673	47674	47675	47676	47677	47678
PRESCHOOL 3	47679	47680	47681	47682	47683	47684			47685		47686	47687
PRESCHOOL 4		47689	47690	47691	47692				47693	47694	47695	47696
PRESCHOOL 5			47697		47698					47699	47700	
YOUTH 1	47701	47702	47703		47704				47705		47706	47707
YOUTH 2	47708	47709		47710	47711	47712				47713		47714
YOUTH 3		47715	47716	47717	47718	47719			47720	47721		47722
YOUTH 4		47723	47724	47725	47726	47727			47728	47729	47730	
YOUTH 5			47731	47732		47733			47734	47735	47736	
YOUTH 6					47737	47738						47739

August 15–25 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • August 15–25 RESIDENT \$70 / NON-RESIDENT \$84											
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1			47740							47741	
AQUA TOTS 2				47742					47743		
PRESCHOOL 1	47744	47745	47746	47747	47748	47749	47750	47751	47752	47753	47754
PRESCHOOL 2	47756	47757	47758	47759	47760	47761	47762	47763	47764	47765	47766
PRESCHOOL 3	47769	47770	47771	47772	47773	47774	47775	47776		47777	
PRESCHOOL 4		47779	47780	47781				47782		47783	47784
PRESCHOOL 5		47785		47786				47787			47788
YOUTH 1	47795	47789	47790		47791				47792		47793
YOUTH 2	47798	47799	47800		47801	47802	47803		47804		47805
YOUTH 3	47808	47809	47810	47811	47812	47813	47814			47815	47816
YOUTH 4	47819	47820	47842	47821	47822	47823		47824	47825		47826
YOUTH 5	47829			47830	47831	47832	47833		47834	47835	
YOUTH 6	47837				47838	47839			47840	47841	

Aqua Tots

Twice a Week Lessons for Two Weeks

June 20, 22, 27, 29 • Mon & Wed

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 7	10:00am	10:35am	5:00pm	5:35pm
Aqua Tots 1	47927			47928
Aqua Tots 2		47931	47932	

July 6, 11, 13 • Mon & Wed No Lesson July 4

Three 30 Min. Lessons • Res \$31.50 / Non-R \$38.25

SESSION 9	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47935		47936
Aqua Tots 2	47939		47940	

July 18, 20, 25, 27 • Mon & Wed

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 11	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47943		47944
Aqua Tots 2	47947		47948	

June 21, 23, 28, 30 • Tue & Thur

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 8	10:00am	10:35am	5:00pm	5:35pm
Aqua Tots 1	47929			47930
Aqua Tots 2		47933	47934	

July 5, 7, 12, 14 • Tue & Thur

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 10	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47937		47938
Aqua Tots 2	47941		47942	

July 19, 21, 26, 28 • Tue & Thur

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 12	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47945		47946
Aqua Tots 2	47949		47950	

Adult Lessons

Twice a Week Lessons
for Two Weeks

July 6, 11, 13 • Mon & Wed No Lesson 7/4

Three 30 Min. Lessons
Res \$31.50 / Non-Res \$38.25

Session 9	7:30pm
Adult 1	47951
Adult 2	47952

July 18, 20, 25, 27 • Mon & Wed

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

Session 11	7:30pm
Adult 1	47953
Adult 2	47954

Aug 1, 3, 8, 10 • Mon & Wed

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

Session 13	7:30pm
Adult 1	47955
Adult 2	47956

Private / Semi-Private Lessons

One on one instruction, highly motivated, friendly instructors and close personal attention to detail. Private instruction is ideal for: a) The beginner who would like assistance with water orientation before registering for one of our programs, b) Those working to overcome water phobia, c) Those who are having difficulty with a particular stroke/ technique—emphasis can be placed on your needs, and d) Special needs.

Private/Semi-Private lessons are offered Monday through Thursday. You must register for M/W or T/TH option and must enroll for at least four lessons within a two-week period.

8:50–9:20am	Mon/Wed or Tue/Thu June 20–August 11
9:25–9:55am	Mon/Wed or Tue/Thu June 20–June 30
5:35–6:05pm	Mon/Wed or Tue/Thu June 20–August 11

Call 425.587.3336 for availability

1:1 private lesson

Resident \$35 / Non-Resident \$42 per ½ hour

2:1 semi-private lesson is for 2 children

Resident \$40/ Non-Resident \$48 per ½ hour



Special Interest Aquatics

Get Trained... American Red Cross Classes for Youth-Adult!

Adult and Child First Aid/ CPR/AED

Age 14 to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

*Text Books and Pocket Masks included in fee • Registration closes 1 week prior to start of program • 6-hour course
Location: PKCC*

Resident \$90 / Non-Resident \$108

Sat 9am–3pm May 14 47961

Aqua Leaders Volunteer Program

Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety.

Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until September 2.

Resident \$65/ Non-Resident \$78

Mon–Thur 9am–12pm June 20–30 47960



Lifeguard Training With Oxygen and Automatic Defibrillation

American Red Cross lifeguard training course. Successful participants will earn certifications in lifeguarding, first aid, CPR for the Professional Rescuer, oxygen administration and automatic defibrillation.

The prerequisites for this course include: 15 years or older and the ability to pass a swimming pre-test which consists of a 300 yard swim; swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to the brick with both hands • TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.redcrossstore.org, item's # 655735 and # 329705 • First class starts at Peter Kirk Pool

Resident \$200 / Non-Resident \$240

Session 1	Tues, Wed, Thur 3:30pm–8pm	May 24, 25, 26, May 31, June 1, 2	48127
Session 2	Mon–Fri 9am–2pm	July 11–15	48128

Water Safety Instructor Course

This is an American Red Cross course. Upon successful completion you will receive a certification in instructing the learn-to-swim programs for infants, toddlers, preschoolers, youth, adults, people with special needs, instructor aide training, and water safety outreach. Students must be at least 16 years old and complete a swimming pre-test before entering the course.

This course will be taught as a blended learning course and will require additional learning and study outside of the classroom time. The instructor will contact you prior to the course with information and links to the blended learning • First class meets at Peter Kirk Pool.

Resident \$200 / Non-Resident \$240

Week 1	Tues and Thur 4–8pm	May 24 and 26	48129
Week 2	Tues–Thur 4–8pm	May 31 June 1, 2	





Deep Water PM Aquarobics—Weekdays

Ages 16 years and older

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise: 1) Burn Calories 2) Build Strong Muscles and 3) 60 minutes of Abdominal Work.

**Work-at-Your-Own-Pace.
Beginners to Advanced Welcome!**

Session 1: June 6–July 6* (5 weeks)

**No class Monday, July 4*

Nine, 60-minute lessons • Mon/Wed

Resident \$103.50 / Non-Resident \$124.20

Mon & Wed 7:30–8:30pm June 6–July 6 47963

Session 2: July 11–Aug 10 (5 weeks)

Ten, 60-minute lessons • Mon/Wed

Resident \$115 / Non-Resident \$138

Mon & Wed 7:30–8:30pm July 11–Aug 10 47964

Session 3: Aug 15–31 (3 weeks)

Six, 60-minute lessons • Mon/Wed

Resident \$69 / Non-Resident \$82.80

Mon & Wed 6:45–7:45pm Aug 15–31 47966

Deep Water AM Aquarobics—Weekends

Ages 16 years and older

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise: 1) Burn Calories 2) Build Strong Muscles and 3) 60 minutes of Abdominal Work.

**Work-at-Your-Own-Pace.
Beginners to Advanced Welcome!**

Session 1: June 11–July 16 (6 weeks)

Six, 60-minute lesson • Saturday

Resident \$69 / Non-Resident \$82.80

Saturday 8:30–9:30am June 11–July 16 47967

For the Kids, Check Out:

Youth Camps

PADDLEBOARD Page 9

SAILING Page 10



KIRKLAND KIDS TRIATHLON

"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized."

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, ½ mile bike, ½ mile run. Registration will close September 8th. Day of event registration will be available beginning at 10:15am however; participants are encouraged to register prior to the event.

AGES 3 TO 12 YEARS

SEPTEMBER 10, 2016 JUANITA BEACH

**Race begins at 11:00am
Check in begins at 10:15am**

\$32 • Registration #48081

**Participants will receive swim cap,
T-shirt & ribbon**